

# BRIDGES

THURSDAY, JULY 10, 2014

## IN THE CITY:

New Warman Wall mural promotes epilepsy awareness **P. 7**

## CITY NEWS:

Vintage culture thrives at weekly swing dance **P. 9**

## SPACES:

Unique hidden work area in lush backyard garden **P. 16**

A STARPHOENIX COMMUNITY NEWSPAPER

# BEING BRAVE

MAPPING THE MEDICAL JOURNEY OF KIDS LIKE ELARA JOHNSON, BEADS OF COURAGE TELL STORIES OF PAIN, DETERMINATION AND HOPE **P. 10**



FREE

# INVENTORY

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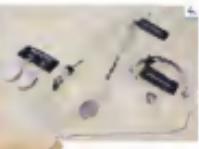
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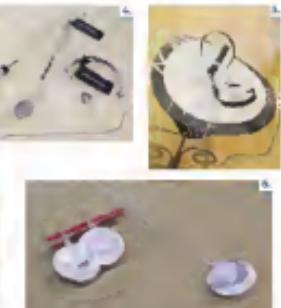
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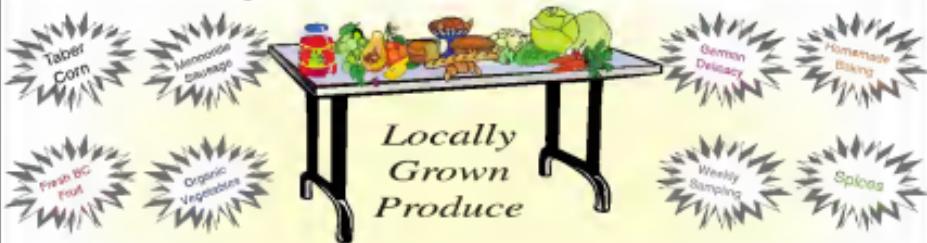
**5. FASCINATOR:** \$59.99



**6. KENDA HAGA'S JEWELRY:** "Mim & Mimi" sterling silver Earrings — \$164.99; Necklace — \$199.99



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Barb Johnson's describes some of her daughter Eliza's Beads of Courage. The beads are a symbol of cancer struggle and obstacle that has overcome in her short life. BRIDGES PG. 10 BY MICHELLE BEIG

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Cody Wilcox (Cody Wilcox) stands in front of his mural on the Warmer Wall — his favorite place to showcase his art in Seaford, Conn. Hibbert Photo by Michelle Beig

### BRIDGES COVER PHOTO BY MICHELLE BEIG

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# FASHION

## # SASKATCHEWAN FASHION

### Alex Simon: Studs, dresses and everything in between

By Angelina Erinaci

Alex Simon has a hard time pinning her style: one day she'll wear an army jacket and combat boots, and the next day a feminine dress. But the dress alone wouldn't be enough since it likely layer the same studded army jacket over it. Although her look changes day-to-day, Simon typically has a grunge or edgy and '90s inspired outfit on regardless of what others wearing; it's based on gut instinct.

"I think some people would probably turn around [and look at me]—maybe in a good way maybe not—but either way it doesn't matter to me, everyone's their own person and they can dress the way they want."

Fashion is extremely important to the 23-year-old who says what she wears reflects her personality.

Simon also helps other women do the same; she has been working at Dutch Groovers in Saskatoon for almost four years and is now one of the fashion managers. Simon finds her passion in helping others either whether it's for a special occasion or just everyday wear. She also does the styling for fashion shows at the store, which she says are fast-paced and sometimes stressful. But she loves the business—the style's numerous outfitts for each show.

"I try to make sure they are all different—trendy but different."

Just like her style, while Simon does look to magazines and celebrities for ideas and to keep up on trends (she's down to closer closets with Rihanna or Miley Cyrus), she says that it's more for inspiration than anything else.

"I try to take those trends and then create my own take on them."

Simon has always appreciated fashion—it started at a young age because of her mother, who she says always was—and still is—a "trendy lady." Her mother influenced her love of the fashion world and Simon grew up the travelled a lot where she got to experience different styles of fashion. After a trip to Australia in 2010 really got her inspired. She recalls seeing the women who all dressed like models and thinking, "Oh I want to start dressing like that."

But now Simon doesn't feel that she needs to travel across the globe to see fabulous fashion. She's shifted with the city's fashion scene and how quickly it's growing. "I feel like there's lots of people in Saskatoon that have really awesome style and very unique style. They're just expressing themselves through their clothes too."

What's your favourite summer fashion trend?

Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

### Outfit:

**1. SUNGLASSES** Remington Engineering Prod. Score Party  
"They have Aviator lenses right to them. I think that's a fun and kind of edgy."

**2. EARRINGS** Able

**3. NECKLACES** First Dutch Groovers Second Dutch Grovers Third Hanver 20 Fourth Praeak [with a charm from Mexico from my trip]

"It's all about having three of these necklaces at a time—if you put it off, it can be a little weird if the lengths aren't right, but when you find the necklace that can fit together it looks really cool."

**4. JACKET** Uber Planet. "I've been wearing it with my black leather shorts and combat boots, but I also like wearing it over feminines dresses."

**5. TANK TOP** Vera Moda from Dutch Groovers. "It's a nice color (red) it can go through all the seasons."

**6. RINGS** Middle [orange] Lia Sophia, Small Dutch Groovers Mini ring, Also Accessories

**7. MATCH** Betta Johnson from Dutch Groovers. "It's really nice to match the face with like"

**8. BELT** Value Village. "I was a good find—about \$3 and you can't be happy with it."

**9. HIGH-RAINED SHORTS** American Apparel. "They are the most comfortable style for my body type and the most flattering style as well."

**10. THIGH HIGHS** American Apparel. "They fit easily to wear in all seasons and they are also comfortable."

**11. BOOTS** Drive Madden from Dutch Groover. "I love them because they have studs on them. I think they're into that trend."



Alex Simon poses behind Urban Rubin's Saskatoon in her Remington army jacket and combat boots. #Media Photos by Michelle Kimes



# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

the directorial merits.



WES FUNK

# WES FUNK

## First book enjoys a second life

I always refer to my first novel Dead Rock Stars as the little book that could.

It wrote itself several years ago, when I was still quite naive to the creative writing and publishing world.

Somewhere within me just told me that this book needed to be completed and published. Since it manifested in 2008, it's had some interesting career. It quickly sold out of its initial print run and has been reprinted several times since. The novel was also shortlisted in the Readers' Choice category of the 2010 Sask Book Awards and it has even been incorporated into a couple curriculums. The indie book has recently been taken over by Regina's renowned Your Nickel's Worth publishing company, and now has a fresh look, equity,

new cover and wider distribution.

Quirky research store owner Jack spends 100 hours of his father's stolen death and has to make an abrupt trip from Saskatoon to his hometown in the northern tip of the province. Jack realises the funeral will be tough, but what he doesn't expect is to meet an alluring stranger en route who has to have a fallout with his brother about a dark issue from the past. DeadRockStars is a humorous account of one man's obsession with rock 'n' roll. Dead Rock Stars is a stirring story of diversity on the prairies and acts of forgiveness.

Wes Funk is a Saskatoon based multi-artist and host of the weekly Saskatoon Show TV program for Bigshots. His novel Cherry Blossoms recently won a CBA Author Award.



Autor Wes Funk. Supplied photo

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# IN THE CITY

# SUNDAY, JULY 7, 2013 — 12:20 P.M.

## Ready for takeoff



10-year-old Kaden Prentiss, the Canadian Rockies' first Helicopter Kid at the Auto-Driving Motor Speedway, north of Saskatoon, Alberta. Photo by Michaela Ranta

## YOUR FAVOURITE PLACE

Bridges wants to hear about your favourite place in Saskatoon! Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## # MY FAVOURITE PLACE

## Graffiti wall stands for more than just art



Graffiti artist Cody Weston stands in front of his mural on the Warzone Wall — his favourite place to showcase his art in Saskatoon. BRIDGES PHOTO BY NICKELLE KING

By Angelina Irimici

Curtain 86 (Cody Weston) was among the first graffiti artists to paint on the "Warzone Wall" — a sound barrier belonging to a homeowner on Wernham Road and Diefenbaker Street. Local graffiti artists have painting a mural based on the theme "war" every year since 2005. It's become a staple sight in the city, cans show down on their chrome past and modern parties and high school graduates take photos in front of the wall. Right now, it's painted with two colors in support of Saskatoon Pride Festival and includes a special piece. Curtain recently completed a mural to raise epilepsy awareness.

Q Why is the wall your favourite place

in Saskatoon?

A I got graffiti because of the good exposure and the high amount of traffic and people that go by every day. Also, I prefer to paint on cement versus wood (drywall) — it's a lot easier for me to control. It's a really cool wall; I like the idea that he lets people paint it instead of a bunch of喷漆 (spray paint) artists or street vendors.

Q Can you tell us about what's on the artwork?

A This lady that works for the Epilepsy Society organization came to the corner of the wall and she had the idea that she wanted to promote epilepsy awareness. He measured me and asked me if I wanted to take part in that mural and I was happy to do so.

Q What is the significance?

A The purple stands for the official colour for epilepsy awareness and the black and white (as seen below) is the flashing stroke that is used in Epilepsy epilepsy. People may think optical illusions (part of the background) cause seizures, but it's the flashing lights that cause it.

Q How long did it take?

A This one took about 18 hours but the other one (on the side facing an alley) took about 20. It takes anywhere from five to 10 hours depending on the amount of detail.

Q What's the reaction from people who see you while you're painting?

A Most people that drive by look

and give me the thumbs up. Or lots of people will actually pull in here and get out and talk for a little bit about it. Most people like it, and of all different ages so that's pretty cool.

Q Do you ever get any negative feedback about the art?

A There are some people that don't like it, they still view it as bad because the graffiti. But there's the difference between the vandalism and the art form. This is permission and I'm spending time compared to somebody tagging a power box with our permission and vandalizing.

This is a difference that some people don't see it... but it's raising awareness. Lately, people are accepting it more. They'll do the thumbs up and smile and stuff like that.

Q Who painted the wall to create the mural?

A First, you paint the whole wall a solid color. For this one, I drew the outline of the letters then started filling them with all the faded colors. Then I drew the box (blown on the right) and I highlighted the top of the box as a logo and all those squares I just free hand the optical illusion. I left the graffiti part for last. Once the faded fill was done I took the black colour and filled where the original outline was and then took the purple and yellow around the outside of the block. And that pretty much finished it up and contrasts the black to make it pop. They'll do the thumbs up and smile and stuff like that.

**TOON TIME!**

Cameco Family Day at the ZOO

Media Partner The StarPhoenix

Sunday, July 21

Saskatoon Forestry Farm Park Zoo 10:00 a.m. - 5:00 p.m.

This is a fundraiser for the Saskatoon Zoo Society. For more information and pricing: [www.saskatoonzoosociety.ca](http://www.saskatoonzoosociety.ca)

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**NEXT WEEK:** At what age should a child receive an allowance? Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

#### • PARENT TO PARENT

Each week Bridges, in connection with [SaskatoonMoms.com](http://SaskatoonMoms.com), gathers advice from parents to share with other moms and dads. This week we asked:

*Are there any aspects of parenting you'd rather leave to your partner to handle?*



"The laundry and less talk with my dog."  
—Carrie Bell

"What lame stuff! All the actual work shapes and eventually the sex talk. I go for the playing games and sports stuff down though."  
—Mike Twidell (@MikeTwidell)

"My son is 6 a.m. Hockey practices." — Judy S.

"Not now. We're best active in all aspects of parenting our kids but when it comes time to the kids and the boys, I think I can leave that one up to them." — Shelly Lemire

"We try to parent roughly the same way always when I'm director but I feel well so I let him do his. The kids have also figured out that if they plan to beat the answer I give them, they'll go ask their dad. Most often he will ask me, but at times he asks get lucky and get a better answer!" — Carla Cormier

"You're paying for things. And driving lessons."  
—Bonnie McRae

"Bedtime, driving, handwashing, teeth-brushing, regular cleaning, if I sound like a cliche over-explained, but involving other teachers and the teacher's voice makes me tired!" — Natalie Chouler

"Not yet. With the kids caught and under we each have to do it all and I imagine change my answer once that changes again." — sia hettler @Siajje

"I'm involved with every aspect of parenting... no aspect deserves things up to just my husband!" — Michaela Gracik

"Homework. My husband is more patient than I am and thus makes a better homework partner."  
—Natalie McPhy

"Homework, math, reading and homework. Ad be kind!" — Jennifer

# CITY NEWS

# SWINGIN' ON THE SASKATCHEWAN

## Old-time dancing brings mix of people to River Landing



From right: Alvyo Pustkowsky and Thomas Gedewell enjoy a free swing dance lesson during Swingin' on the Saskatchewan Ante-Revival Faculty at River Landing. DAVIDES PHOTO BY MICHELLE RIEG

By Angelina Irmaci

The lady hip dance was born in the 1800s and '30s in Harlem, New York, and now it's being danced every Thursday night at River Landing. Details below.

Saskatoon Lady Hip organizes swingin' on the Saskatchewan, a weekly event where everyone is welcome to a free one-hour swing dance lesson followed by music and dancing until it gets dark.

"The organization really wants to give people the opportunity to dance and provide some inter-level structure so that people can jump in and start to learn a bit," says Sharron Howlett, Lady Hip's past president (she is currently helping the new

president transition into the role).

Saskatoon Lady Hip is a not-for-profit organization that aims to promote swing dancing, its music and the vintage culture that goes along with it. The group has about 20 volunteer members who organize the weekly swingin' on the Saskatchewan event.

Howlett says that swingin' on the Saskatchewan is a great way to meet people of all ages — high school students to seniors — get out to dance together at River Landing.

"We have a crazy mix of people that normally wouldn't be together that are all really interested in dance," says Howlett. "People don't just embrace the 'warm and friendly' crowd; it's diverse. It doesn't hurt that the group gets to dance with the beautiful South Saskatchewan River in view."

Alvyo Pustkowsky, 27, has been going to swingin' on the Saskatchewan since last fall and appreciates the "warm and friendly" crowd it draws. "It doesn't hurt that the group gets to dance with the beautiful South Saskatchewan River in view,"

says Sharron Howlett, 63. But she says the first 20, especially when she's dancing. She stumbled across swingin' on the Saskatchewan last summer while she and her sisters were out for a walk, and has been involved ever since, helping out as a mentor for the kids.

A number of other downtown groups, mostly student organizations, have also started swingin' on the Saskatchewan, says Howlett. She adds that having a connection with the city of Saskatoon has helped her connect to her home country.

"I love dancing — it's in our culture, we dance a lot," she says. "I just missed dancing because not all of my siblings are here."

She says she likes the energetic and outgoing, meeting new people. She'd like to become a member of Saskato-

noon Lady Hip because she wanted to learn how to do it.

"I have something to look forward to if I just know it," she adds. "Lady is so beautiful here."

The dancers have brought in a few new faces, including Maynard, 18, from New Braunfels, Texas, and while he doesn't think he can dance anymore due to his arthritis, he comes out religiously to watch the dancers.

"Music is good for the soul. I like music; it kind of cheers me up. It's nice to see active young people," he says.

Swingin' on the Saskatchewan is at the River Landing amphitheatre every Thursday night, weather permitting. The free lesson starts at 7 p.m., followed by dancing until it gets dark.

# ON THE COVER

I just thought there had to be something more of a reward for these kids to go through this. — Doug Gillespie

## # BEADS OF COURAGE

### Beads a symbol of pain, determination and hope

By Angelina Frinaci  
with files from  
Ashley Martin

**Every parent worries.** Is my child too small? Too big? Am I too hard on her? Am I too lenient? Will he need a math tutor? Why isn't she making friends? What if he doesn't get into university? The concerns are endless and daunting. But then, you hear someone else's story.

Kiera Johnson is two and a half years old. She has curly blonde hair but enormous blue eyes and a heartwarming smile that lights up the room. She's sitting in her living room in San Antonio, the sun pouring over her, while she happily plays with her beads. Kiera has nearly 30 necklaces of beads, including three translucent red and pink heart-shaped ones. These signify the three open heart surgeries that Kiera has endured — all before she was eight months old. A fifth neck bead signifies the first time Kiera took a breath on her own, without a ventilator. She was 36 days old. At almost one year, she earned an iron crown one bead to celebrate; the first time she ate solid food ... she was taken off oxygen at the hospital. Yellow and black beads probably tally up the most wear on Kiera's string of beads. They are black beads in a reminder of the hundreds of times she's been "poked" by a needle while the yellow ones indicate every night she's slept at a hospital.

Kiera isn't the only child who earns those special beads. Almost 500 other children in San Antonio have ear expanders and beads, like the ones Kiera is tangible between her tiny palms. They come from Beads of Courage, a not-for-profit arts and medical program that helps children and their families cope with chronic illness. San Antonio was the first province

in the country to implement the program in its hospitals. Special beads are given to represent different parts of their medical journey. Children like Kiera can wear the beads as a badge of honor; it's a visual timeline that honors what they have been through and prepares them for what is ahead.

"I think it's awesome," says Kiera's mother, Tara Johnson. "It's a permanent recording of their story and they can show their friends and family."

Although Tara knows what each and every bead represents, she doesn't have a glossary. A big, colorful pocket folder Johnson keeps with yellow larvae. This book was given to her on the first day she and her husband could bring their baby home from the hospital. They had to wait nearly five months for that moment.

When Kiera was three days old, she went into cardiac arrest and doctors discovered she had a rare and complicated congenital heart disease, not a number of other heart defects. Surgery should be done within four to five days, but since Kiera was born premature she was too small. She remained on life support and at two months old and weighing only 1.8 kg, Kiera had her first open heart surgery — a procedure the doctor called "openly." He gave her a 30 per cent chance of living.

When you look at her and see her walking around, people don't really know how much she's endured and what she's been through and what she potentially has to go through in the future," says Tara.

Kiera's future could resemble some of what Sydney Doroth lives every day. On a cloudy week end in June, Sydney's legged was cut, preparing for her first lung swap at someone's come like mad. 11-year-old, she was putting off packing, telling friends about what to wear to the dance (she doesn't own any dresses).



Tara Johnson and her daughter Kiera holding her Beads of Courage. ROBBO'S PHOTO BY MICHELLE REED

They don't have a lot of opportunities as everyday healthy kids in the hospital. So, we look for ways to create opportunity for them to take control.—Shaylene Smith

But the camp in Bragg Creek Alta., far from her home in Regina, is about much more than swimming and rock climbing. It's about meeting other kids like her.

Sydney also sells beads, has a cresting ... a tube in her stomach, because her bowels don't work properly. This particular procedure means she doesn't have a bag attached to the tube, so she can do her Dash at home, when it's convenient. The camp is huge for self-esteem, says Sydney's mom, Garry.

"We thank you're broken, broken that you're different."

When you look at her, you wouldn't think there's anything wrong, but Sydney has been sick since she was a baby. Today Sydney's hair matches her beads — she's added coloured powder to dye her hair purple and green. Her dash walks in the room and nations "Your hair's green."

"Miss bows," Sydney responds. Sydney is like most adolescent girls; she likes Instagram and plays the game Subway Surfers on her phone to pass the time. But for her, that is during her monthly trips to the Alberta Children's Hospital in Calgary.

Since she started collecting beads a year ago, her family along with a child life specialist at the Regina General Hospital, estimated how many major procedures Sydney has endured, in the previous 10 years. Many of the larger surgery beads on her string represent 100 smaller beads.

Like Elara, Sydney has numerous black beads, representing poking. But unlike Elara, Sydney knows what they mean. "They need to change the colours for that because I have way too many," says Sydney. "I get them every time I go in the hospital."

*Continued on Page A2*



At Age 14 in Regina, Sydney Durach displays the beads she began collecting a year ago. **INSET PHOTO BY MICHAEL BELL**

## BRIDGES BUSINESS PROFILE

advertising feature

### RG's Lounge opens in Saskatoon

HAPPY HOUR IN SASKATOON just got a little brighter thanks to the addition of RG's Lounge.

RG's Lounge is a great place to relax and unwind, relax and unwind after a long day's work or catch up with friends over a cocktail or two. Sports fans can catch all the action of their favourite game in the fun and spacious executive-style lounge that offers plenty of cozy and comfortable seating areas no back-to-back over ribbles and a favourite game.

The new lounge is situated next door to Riley's All Day Grill, Canadian specialty cuisine that is part of the Best Western Royal Hotel on 104th Street. North. It's open daily with the full-service menu available from Riley's All Day Grill — famous for its big breakfast, generous portions and extensive menu that includes such favourites as the juicy Certified Angus Beef burger, the juiciest ribeye, Big Red Dip and the massive helping of fall-off-the-bone Big Bronco Rib. Many of its demand-based items are available all day as well.

For the lighter appetites, RG's Lounge serves a great selection of appetizers and also features daily specials.

The tempting drink menu offers numerous thirst-quenching brews with the cocktail selection growing.

from classic margaritas and Old Fashioneds to exciting bellinis. There is a nice variety of wine as well, with various selections featured at half price every Wednesday.

Patrons can sit back in an inviting atmosphere around a fireplace, settle in to the bar or ergonomic seats arranged in a comfy booth. Gaming fans can also try their luck at the VLTs housed in a separate room. Its large screen TVs are ideal for watching sporting events or catching up on the morning news.

RG's Lounge is a welcome newcomer in Saskatoon's lounge scene, and a great addition to what's on top in Riley's All Day Grill. The fast-growing family restaurant franchise has 65 locations across Canada, and has been serving Saskatoon for a dozen years, opening its doors in 2002. Riley's began in a humble house in 1962, and has since evolved into a successful restaurant chain that recently celebrated more than 50 years of serving up great family fare.

With pool, food, good drinks and a dynamic bar relating to a sports bar, RG's Lounge is the place to get together with good friends — or make new ones. RG's Lounge.

1715 104th Street  
Hours: Monday to Saturday, 11 a.m. to 9 p.m.;  
12 noon to 9 p.m. Sunday



Bartender Trevor serves up everything from thirst-quenching brews to bellinis.



Cozy seating allows patrons to relax with friends or watch the game in Riley's new executive-style lounge.

When you look at her and see her walking around, people don't really know how much she's endured and what she's been through and what she potentially has to go through in the future. — Tara Johnson



Doug Johnson and Beau at the Beach of Courage Cancer Festival Fun Run in Sanderson

To get through difficult hospital stays, sometimes Sydney intrudes her headband and dresses up her mom by hanging feathered IV poles. "Though the beads are pretty and stand out so much, it's old by now," says Sydney. Unfortunately, as Shana Novakovic also spent 10 days in the hospital during their separate trips, one of which was in June just before summer camp.

Beach of Courage started in Arizona in 2002 as 2000 Sanderson's Doug Gillogly, who sits on the Beach of Courage Canadian board of directors, brought it to Sanderson. It's now also in Alberta and Ontario. She was reviewing his care since treatment when he saw child cancer patients in

a cornered off room. He then made a resolution.

"I just thought there had to be something more of a reward for those kids to go through that," says Gillogly.

The next day, he saw a television program promoting Beach of Courage and soon he and his friends were organizing a fundraiser to start a Sanderson chapter. They raised around \$10,000 enough to establish the program. Now, Beach of Courage is in three hospitals in the province, Regis General and Preston Hospital in Regina, and Royal University Hosptial (RUH) in Sanderson.

Recreational therapist Shaylene Smith regularly hands out beads and

ways at hospitals. Her job at RUH is to help children and families cope with the stress of illness, disability and hospitalization. Or as she describes it, she makes the hospital less like a place for children. "She can tell that the Beach of Courage has been important to Beau," says Sydney. She has seen a dramatic change in the relationships between hospital staff and children and their families. Smith says hearing something to look forward to makes going easier for the children.

"They don't have a lot of opportunity as everyday healthy kids in the hospital. So we look for ways to create opportunity for them to take control."

Although Sydney doesn't live in the hospital, she does spend at least an hour a day during her break which involves two kinds of activities and some relaxation, such as reading and taking a bubble bath.

She may even go to a friend's house for a sleepover she has to do before she goes. Skipping one night ultimately land her in the hospital for a long dose medical flush. Many of her hospitalizations have been to get her bowels properly cleaned out so she can eat again.

"You do everything in your power not to remain in [hospitals]," says Garry.

Elers and his family also have a medical regimen to follow, even though now, she looks like a rega-

lar healthy and happy toddler. She loves lots of dolls, dolls are enrolled in swimming lessons and is working on pottery training. She is bright, engaging and whether it's a game or a song from her past, she remembers it all when asked. But after spending so much time with Elers, you notice things, an unsmiling sour down the centre of her tiny chest. Her reduced mobility, she can't sit down or get up on her own. And she has speech apraxia, which makes her words come out as a low rasp growl. What you can't see is a small hole in her heart. She requires oxygen to sleep every night and has at least three doctor appointments a week. With all of this, Elers says it's easy to have "why me?" moments.

When you start this journey alone, you're scared, there's so much information to take  
— Tara Johnson



Cory Sydny, Cheyenne and Brian Doroch. BUSINESS PHOTO BY MICHAEL BELL.

"Why did this happen to us? Why did she have to be sick and why does she struggle so hard and can't do things that other kids can?"

Looking at the hands gives her strength. It reminds her of what Elena has already won.

The hands also help in dealing with specific phenomena. In Elena's case, she's been told so often that her veins are severed, making it difficult to draw blood.

"I have to just lay my arm across her chest and hold her down. She looks me in the eye and begs me and says, 'Momma, momma. And she cries and begs me not to do it."

The idea is to raise awareness of the program. She wants other families to benefit from it. In early June, she and a friend (whose son also needs health) organized the Roads of Courage Fundraiser Run in Saskatoon. All of the \$2,370 raised was donated directly to the program in Saskatchewan. Over 100 people ran the five kilometers, some of them holding "team flags." After the run they wrote a message of encouragement and sent it, along with a photo from their street, back to Roads of Courage. For Tara to get passed along to a staff member, Roads of Courage children around the world will know that someone in Saskatchewan ran the race in their honour.

The run emphasized a medical journey and solidarity. There's lengthy cultural powder on the runners to symbolize healing.

"Nobody plans for their child to get sick ... when you start this journey alone, you're scared, there's so much information to take," says Tara. "Everyone was starting the run the same and as they made the trip through, they

encouraged each other."

Brian can relate. "I guess you get used to it. At first it seemed like a lot of work, but now it's just a part of life."

The Doroch family is used to spiritual half days. They go on evangelized trips for Sydny — less school and work is missed that way. Air travel is difficult. They need special permission to carry on Sydny's medications and supplement drinks, which she takes when she's feeling ill and can't have real food.

Then there are physical challenges; Sydny is one of only three people in Saskatoon with accompanying no functional upper torso. The family has been fighting to get funding for every supplies, which total thousands of dollars each year.

The camp aims to make Sydny feel less alone while dealing with these types of issues. While she is likely to have the illness for the rest of her life ... it could change with puberty — or better or far worse is unknown. For now she's still an 11-year-old who plays soccer and hangs out with her friends. She shows them how to ride and they come over; but that's not a big deal to them.

"My friends say, 'They're cool.' They don't really say anything," says Sydny. When we entered that, one day Elena may not be so lucky. She says she worries that Elena may get made fun of if she's not for being different. But if she does, Tara knows her daughter has one thing to keep her strong. When things get tough she hopes Elena will look at her hands and think, "If I can overcome this, I can overcome any thing."

Tara really believes that she can.

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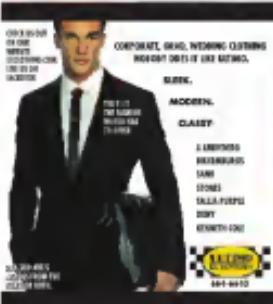
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# SPACES

## # SASKATCHEWAN'S BEST SPACES

### Patience works for a garden of perennials

By Angelina Irinaci

**WHO?** Saskatoon Perennial Society co-creator, Patricia Chubb and her husband Dennis.

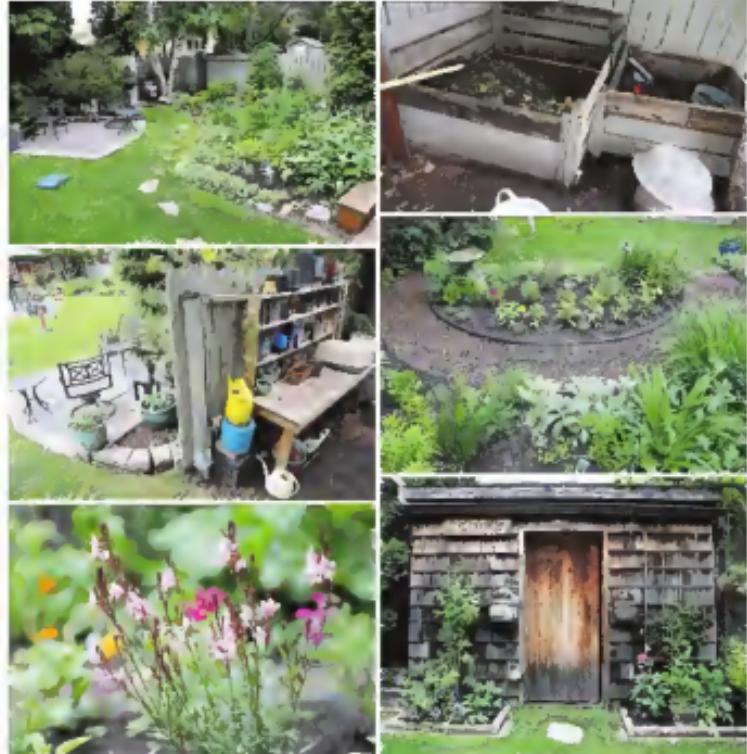
**WHERE?** In the Silverwood Heights area in Saskatoon.

**WHAT?** Their backyard and garden which was part of the Saskatoon Perennial Society's first of three garden tours this summer. Their yard is mostly made up of perennials, a few annuals and new additions like a tricolor sitting area, a cottage-looking shed Dennis designed and built, and Patrica's passion project, her garden room. A few years ago Dennis had the idea to add a little "tree fernery" in the corner of the yard where they took down a tree. Behind it is Patrica's wondrous complete with a compost, tools and planters. "I don't have to clean it up all the time because it's hidden... it's so neat and so practical."

**WHEN?** It's been a work in progress since the couple bought the house in 1988 when the yard only had one tree — a green ash.

**HOW?** They worked as a team to transform the bare yard into one that is lush with flowers, greenery, space trees unique garden decorations and vegetables. He's the bathtinker — he does the big things and I do all the peddy little details." Patricia has a vision when planting, she likes to see repeating colours and this texture away from orange. It's not to shabby, but she does let the plants grow out on their own if that's what the lot of color." She also loves to go to gardens and takes to other gardeners for new ideas. She researches which kinds of plants do well in Saskatchewan and which plants go best together. Patricia says that patience is important when planting. She gives first shot to buy ready-made flowers as they can be costly. She uses the starter packs instead and grows them in smaller pots until they are ready to be planted.

Spaces celebrates beauty both indoors and out.  
If you have a room we should see email  
[bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)



# SPACES

**WHY?** At first, the couple had many plants, but as the years went by, they realized that *Petroselinum crispum* looked like little trees. They decided to plant more vegetables and she says that after a year or so, the plants came together. "One day you would see them hardly anything but from the top," she says. The vegetables are now scattered around the yard, and she says that she grows other vegetables, including carrots, beans, and tomatoes along the back fence line of their home. Petroselinum *crispum* is a great way to spend time outside in the summer and has been working well for the couple for the past 10 years. The yard looks healthy, the couple has grandchildren, so they left enough green space for them to run and play. A tiny bit of dirt can go a long way.



A horizontal string of glowing white Christmas lights, likely LED, hangs across the frame against a dark, out-of-focus background. The lights are spaced evenly along a thin wire.



## CROSSWORD

NEW YORK TIMES www.nytimes.com

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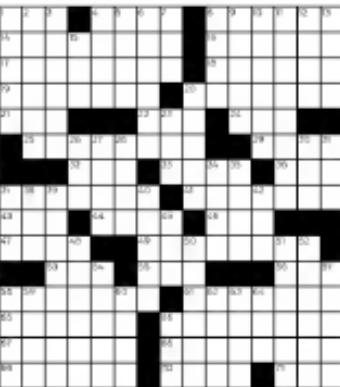
- 1 Logo coffee
- 2 City chosen for the new Starbucks
- 3 The first time
- 4 Acronym for ethical
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- 6 A send of hers
- 7 Has six colour variants
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- 9 Took care of business
- 10 Shallow
- 11 The first time you go on a park of Amigas is from *Amigas*
- 12 Awarded to the best
- 13 The first "Bobby" and "Merry" at the start of a Shelly's lottery
- 14 Cassanis
- 15 The first time in homelessness
- 16 Left with more than 200 million spectators
- 17 The first for the lands
- 18 The first
- 19 Like many first-time visitors
- 20 *Death of the Third Man*, *The Third Man*
- 21 Book address
- 22 Railways eight
- 23 Teachers union jobs
- 24 *Dad* (first-fifth class)
- 25 *Madame Bovary* option
- 26 *Carrie* of
- 27 Hippocampus
- 28 ... were it?
- 29 Faves
- 30 *Believe* song through the years
- 31 Notes
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- 35 Rock
- 37 ... "Willow" [read  
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- 44 Launch screen named  
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- 45 Chem-dists may have  
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- Otherwise...“
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- Assorted names
- Kind of eyes
- Influence
- Words from one who doesn't eat culture
- China that may be infected with others
- Playing
- Politics
- North Carolina University
- Jon (With)
- Cleanse (it?)
- mixed



ANSWER

# JANRIC  
CLASSIC  
SPOOKY

Loyalty 2010

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Gold (hardest).



Solusian to the  
crossword puzzle and  
the Sudoku can be  
found on Page 21.

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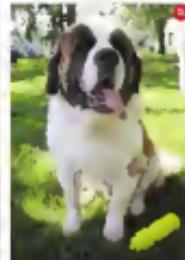
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# ON THE SCENE

## \* PETS IN THE PARK



The annual Pets in the Park was held on July 7 at Kennewick Memorial Park. This is the only day of the year on which pets are allowed to accompany their human families to the downtown park. Fairgoers enjoyed local musicians, a food concession with doggie size cones and beverages from the Spokane City Police K-9 Unit, along with dog agility and fly ball. Doggie pools were even provided. Spokane Pets in the Park is a registered charity founded in 2006 and dedicated to raising funds to provide care for sick, injured, new-mated and homeless animals. The Spokane SPCA holds a walkathon every year in conjunction with this event.



### 1. Debbie Althen and Maggie

2. Stephanie McDowell and her Norwegian Elkhound puppy

3. Five-year-old Afrian hound Odysey

4. Terrie Schreiber (Dionne) pulls her Brussels Griffon Pepe in a cart

5. Boston the St. Bernard

6. Three-year-old Riziki meets Phoenix the milk牛



BRIDGES PHOTOS BY MICHELLE SERG

# ASK ELLIE

## Husband's sudden secretiveness needs a confrontation

**Q** What's it mean if my husband is suddenly secretive? We've been married for 15 years. He went to his high school reunion a couple of months ago, and ever since, he goes away outside when he's on the phone. He says it's business, long distance, and there's not a good connection in the house.

Also, after we've already gone to bed, he'll get up and go on his computer for over an hour. Am I being forced to guess to know what's really going on?

**Suspicious Miss**

A You're being forced to talk, not sleep. The high school reunion became notorious for inducing avarice, envy, turpitude, when old friends/reunions meet again (she opted the added high stress item).

But your husband is obviously affected enough to block you from overhearing his conversations. Unless you're his business competitor, there's no harm in your overhearing something... except if it's something he's trying to hide.

### Ask Ellie



Confront him gently. There's no substantial evidence of anything beyond that. Say that you feel hurt that he's suddenly (that's the operative word, because it makes his actions significantly) behaving secretly. Say that his internet computer activity is now and warrants. Rich distanced you from whatever's driving these changes.

If he overreacts angrily or just denies and shrugs down, then an open session may turn up the obvious you need to assert an discussing this openly. That's OME strategy. I do not advocate suspending as a habit. If pursued frequently it means trust is already gone and the

relationship's in trouble. At that point, marital counselling needed more than anything.

**Q** My husband disappeared one year ago; he trusts me, but he seems to have open accounts on everything—credit, phone, Facebook etc. He insists on joint bank accounts and Visa too.

He says it's the best way right from the beginning, so we'll have the chance to have savings, which he believes are the beginning of security.

I'm unsure of it's right about that. I sometimes feel like a child, since I have to ask for money to buy myself anything at all.

### Uncertain Bride

**A** Yes, you ARE being treated as a child and it speaks volumes about his need for control.

The joint account is a common approach the household bills you share. So, too, is another joint account for saving towards vacations and big purchases.

But ALL accounts should begin in the demonstration of responsibility and explaining its use even for buying new underwear or getting a new haircut.

When there's a disagreement between you in the marriage regarding the money and purchases, I encourage negotiating even if you're returning as much as is in.

And it suggests there is no true trust here. That makes the "openness" of social media and phones all about distrust, since they too will be monitored.

Insist on marital counselling about this now or you'll be regretting later on, in disease and turbulent ways we will not be able to control. Or, you'll just leave him.

**Q** My fiance's late husband left her over \$1 million. She wants on a prenuptial agreement to protect her assets.

While I agree on the contracts' importance, I think it cheapens wedding vows. If revenue and I

thought it important to safeguard my assets, I'd prefer not to get married than risk that to my future spouse in signs.

I will sign the prenuptial agreement, but insist that we get married without ceremony, by a Justice of the Peace at the Clerk's office and that she keep her last name. Your thoughts?

### Marrying in Mass

A Many people, like you, feel some sort of offended by a pre-nuptial request, even when they understand its need, in theory. But your "saying no" sounds positive. She'll listen to your joy, as you'll listen to hers.

Instead, suggest a scheduled review of the prenup after five years that she leaves you or if she passes on first.

### TIP OF THE DAY

A spouse's sudden move to secretive behaviour calls for talking about it before moving.

## Next week in

# BRIDGES

Former Olympian  
Margaret Tosh  
still breaking  
records at age 75

# WINE WORLD

# VEGAN WINE

## Notre Terre ethical choice for

By James Romanow

There always have been people who think of what they eat as a moral issue (eg. Leviticus) and I enjoyed those always will be. I am of the environmental persuasion — I just stuff things in my mouth and decide whether I like it or not.

The most popular form of environmentalism currently replacing religion is whether one on the charts is to declare you're a vegan. The more "vegan" you are, the more all consuming the pastie becomes. Which foods are using some slight form of animal additive? Is there any animal gelatin in the glue they use on our dog-eats?

Some vegans take such questions extremely seriously and thus mean they can drink almost no wine. Prior to filtering, wine is filtered, a process that reduces colour and increases stability and improves texture. Traditionally this was done with egg whites or gelatin, substances so serious vegans shun them, whereas, paradoxically the very large ones, will use egg shells (disclose?).

If this is important to you, the SLSA stocks a wine certified as vegan drinkable, a Notre Terre. They fine their wine with bentonite clay and have the vegan certification to prove it (see photo).

Personally, I hate certifications see a long way to choose wine — Massachusetts (sober mind anyone?) However, my ancient Shostak



that technique of stuffing my mouth also gives me wine a glass, bentonite and potato are quite light and slightly moist. The finish is short. It reminds me a little of a Beaujolais Villages although the grapes are different.

At \$10 this wine will certainly contribute to your feeling of additional. I'd resort to the lag varietal of choice whose veins will be half this price and fined with industrial products (like egg whites or gelatin).

Crocodile Wine Works, a Notre Terre, 2010 \$10  
etc.

More on organic wine in Monday's StarPhoenix or @JRomanow on Twitter

## Crossword/Sudoku answers

L	S	P	I	S	A	T	E	N	K	A
CON	CED	E	D	B	E	D	E	R	O	S
A	P	T	I	C	E	G	I	N	A	L
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## Nuts About Nature

At Beaver Creek Conservation Area



"Hi there! My name's Chip and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city. Borrow a family Nature Activity Hat-Pack and take a trail... nature awaits!"



Dear Chip,

When do mice have their babies and how many can they have? — Julia

For many mammals this is a simple and consistent answer, not for the Mink! Mink mate in February or March and the gestation period, the time that the young grow inside the mother, can last anywhere between 40 and 65 days! Mink can have their babies anywhere between March and July. Imagine if your baby brother was in your mother's belly and you didn't know if he would be born in May, June or July? Mink are adapted to raise their young successfully. The growth of the embryo inside the female is delayed until there is enough fat available to support her and her young. She will give birth to an average of 4 kits per year. These babies are born with their eyes closed, and the males close for the first 25 days. The mother mink nurses her young for 5 weeks. By the time they are 8 weeks old they can hunt on their own. The young will stay with their mother until they are fully grown, 18-to 12 months later. Thanks for the question!

Send your questions to me at the address below, then watch Bridges for the answers.

Your pal, Chip

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(231) 346-3490 ext 419  
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# SHARPEATS



SASKATCHEWAN FOOD TRENDS

## Farmers' markets shine in summer



Jeanne Bubnick serves up pancakes and strawberry shortcake at the first annual Strawberry Jam held at the new Country Farms Marketplace at Sunbelt Mall. (Photo by Michelle Sibley)



Executive sous chef Chas Miller with the salad and corn sautéed chicken featured at a recent Farmers Market Picnic Street dinner at the Hotel Saskatchewan. (Photo by Paul Bannick)

By Jenna Sharpe

Summer in Saskatchewan means it's time to hit a farmers' market. Vendors are stocked with plenty of early produce, fruit and even some root vegetables. Apples can be identified with green tips.

Asparagus or potato right now, too.

The co-operative indoor/outdoor market is held every Thursday in the Centre Mall parking lot (in front of Dillards and the theater). A second outdoor location is opening July 16 at Concordia-on-Main Mall. Demarest and

join making money. Jenine Bubelick's goal is to make the market epiphany as the reason I love shopping at farm markets. She's working to build a community among the vendors and customers even though...

"We like to hang out, share stories talk about food and gardening. We learn from each other. That makes us as strange as it is weird," she says.

If you're going to the market, go early in the day to save time and money.

Left: *skall*. The traditional Norwegian bread is made from potatoes, butter, cream and flour. She often sells out of the sweet bread by midday and offers free samples to other bakers. She makes so much of it for market days that her husband Elmer says, "Our

The market is still in its infancy with about 10 full-time vendors leaving room for 20 more. If Bubnick can attract more unusual characters like Glazeburn the community store

The summer Region's Best San Joaquin Valley is again offering the Farmers' Market Fresh Sheet every Saturday morning. Check over the ingredients

From a variety of vendors at the Regis Farmers' Market (held in City Square Park on Wednesdays and Saturdays) to create the menu. The three-course dinners are about \$11 with an optional dessert pairing.

cooks up some local fare. Guests enjoy the dinners as a way to feature fresh local ingredients from Saskatchewan in their meals at the hotel, while supporting local suppliers. The chefs also enjoy creating different menus each week.

"We can produce some unique items this way," he says.

A recent menu featured a fresh beet salad with cherry tomatoes, red radishes (all from Boktakage Farms) and blueberries with a honey citrus vinaigrette. Honey vinaigrette

With rotisserie chicken from *Pad's*, our meal for the main course was accompanied by blue oyster mushrooms, a beet jus, herb mashed potatoes, baby carrots and grilled asparagus. The delicious wine was from *Sainte-Geneviève*, while the veggies were grown by *Johnnies*. The dessert course was

The dinner will continue into October and will also be offered on Wednesday nights starting in August. Reservations are recommended and can be made by calling 401-783-2222.

What have you been sourcing from our local farmers market? Send me a photo via [Facebook](http://facebook.com/realfoodwithrachel) or [Twitter](http://Twitter.com/realfoodwithrachel) @realfoodwithrachel.

# OUTSIDE THE LINES

## # Colouring contest

Each week, Stephen McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to [bigdots@thestarphoenix.com](mailto:bigdots@thestarphoenix.com). One winner will be chosen each week. Please send entries in by Monday at 9 a.m.



Last week's contest winner is KJII, Joe and Bruce Dinen. Thanks to everyone who submitted entries!



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# EVENTS

## # MUSIC

**Thursday, July 16**

**Mama B and Freight Train w/  
Tim Fletcher**  
Crackers Restaurant and  
Lounge,  
#1-227 Pfeiferhouse Dr.

**Harrison James Band**  
Buds on Broadway,  
117 Broadway Ave.

**Friday, July 17**

**Otello Thymo Rhythm Mekane**  
Fairfield Bakery Centre  
163 Fairmont Court

**Seven Streets**  
Buds on Broadway,  
117 Broadway Ave.

**Driftwood**  
Army & Navy Veterans Club,  
309 First Ave. N.

**Jessie Chisholm Duo**  
McNally Robinson,  
310 18th St. E.

**Desaritado vs Spots and  
Mylas & the Manka**  
Vinegar Tavern,  
801 Broadway Ave.

**Andy Persian w/ DJ Avenue**  
The Ocean Event Centre,  
241 Second Ave. S.

**The New Jacobs Club w/  
Weehees and Indigenous**  
American Canoeis  
832 10th St. E.

**Undercover Pirates**  
Piggy's Pub & Grill,  
1433A 18th Ave. Dr. N.

**Dusty Tickler w/ Thrash**  
Rock the Bottom,  
8342 Broadway Ave.

**Saturday, July 18**

**Seven Streets**  
Buds on Broadway,  
117 Broadway Ave.

**Loren Gets**  
Mutana Letzon,  
3031 Louise St.

**Driftwood**  
Army & Navy Veterans Club,  
309 First Ave. N.

**Two Tall Dudes**  
McNally Robinson,  
310 18th St. E.

**The Trillium / Bestival/Poly-  
phony and Seats of Morphosis**  
Vinegar Tavern,  
801 Broadway Ave.

**Bob Log III w/ Sheekfunk**  
Amico Centre,  
632 10th St. E.

**Undercover Pirates**  
Piggy's Pub & Grill,  
1433A 18th Ave. Dr. N.

**Sundowner, July 14**

**Kiss w/ Shiroshiro**  
Credit Union Centre,  
101-1030 Thatch Ave.

**Isabel Jose**  
Vinegar Tavern,  
801 Broadway Ave.

**Twilight In's Poetry**  
Leda's Pub,  
550 Broadway Ave.

**Monday, July 13**

**Edith Robertson Band**  
Buds on Broadway,  
801 Broadway Ave.

**Tuesday, July 14**

**Edith Robertson Band**  
Buds on Broadway,  
801 Broadway Ave.

**Open Mic**

**Open Mic**  
Rock the Bottom,  
8342 Broadway Ave.

**Wednesday, July 15**

**Johnny Broadway Record  
Club**

**Yankee Tavern,**  
801 Broadway Ave.

**Seated Out**

**Leda's Pub,**  
550 Broadway Ave.

## # ART

### Mandal Art Gallery

Until Sept. 13 at 950 St-Pierre  
Cres. #100, La Jauréanne Resi-  
dence, Montreal H3L 1R6.  
It is a comprise of nine Canadian  
aboriginal artists from different  
native groups from across the country.

Featuring works by Jean-Paul  
Papineau and Paul-Ernest Bois-  
douard. An art at the Marcy of  
Light, by Eli Kotsman. Shaping  
Saskatchewan: The Art  
Scene 1930-1964, examines a  
period marked in the previous  
artists' development. Features  
works by Shirley Anne  
McGillivray, John McRae,  
Leaves by Rodney LaFond, is  
an installation of geometric  
structures installed in the  
lobby. The Artists by Artists  
exhibition, curated by Stacey  
Fleming, features work by  
Adrian Stastna and  
Andrea Lai. This exhibition  
was recently donated to  
the Mawinak Art Gallery.  
From July 17 to Aug. 22, it is on  
view until Sept. 3 at the Inuit  
Art Development Museum.

### SEXPOL Gallery

Until July 26 at 2537 1st  
Ave. S., Minneapolis, by Leslie  
Ferguson. An exploration of  
mess and messiness in a  
collection of poets. A recep-  
tion will be held July 10 from 8  
p.m. to 9 p.m.

### The Galaxy, Poetries Mar- tin Library

Until July 25 at 311 2nd St. S.E.  
Minneapolis, by Tony Gutiérrez.  
An exhibition of poems and  
poetic instruments, including  
decks, pens, electronics and  
musical instruments are com-  
bined in this exhibition.

### Handmade Hours Showcase Gallery

Until July 27 at 710 Broadway  
Ave. S. Seattle, by Jessie  
Eustice. A trailer caravans  
hours made just for the show.  
Gordon Singapau Gallery

Until July 13 at 111 Main St.  
Building, 3 Centex Drive,  
University of Saskatchewan,  
Alma: Something There:  
The Friend Mu — Alayna Lassas  
and Jon Vaughn. The story of  
two artists' struggle to escape  
the aesthetic and nonconven-  
tional boundaries of their  
artistic processes and accept  
the community and like-  
mindedness in all visual cultures.

### William the City

Until July 20 at 100 Univer City  
Centres & Tops 100 Second  
Ave. N. Whimsical portraits of  
urban wildlife. A NatureCity  
Festival art event.

### Paved Arts

Until July 26 at 424 20th St.  
Winnipeg, Manitoba. Curated  
by the Neil Richards' collection.  
Asked to submit a proposal for  
an artwork to the U of S,  
Neil Mappin researched Neil

Richards' archive collection  
and made a video of the en-  
counter. With a critical text by  
Andrew Lodding, a reception  
will be held July 8 at 8 p.m.

### AKA Art Gallery

Until July 20 at 424 20th St.  
Winnipeg, Manitoba. Curated  
by Judy Chartrand. Ceramic  
and mixed media works, integrat-  
ing found objects, asched  
images and traditional meth-  
ods of beadwork, moon hair  
knitting and quill work. Please  
note: This exhibition was origi-  
nally planned to be held at  
Kerrington Art gallery, Kerrin-  
ton Galleries and Hopkins among  
billboards. Hopkins owns some  
of Centex's foremost visual  
arts.

### The Galaxy, Poetries Mar- tin Library

Until July 25 at 311 2nd St. S.E.  
Minneapolis, by Tony Gutiérrez.  
An exhibition of poems and  
poetic instruments, including  
decks, pens, electronics and  
musical instruments are com-  
bined in this exhibition.

### Centre East Galleries

Until July 11 at The Centre.  
Display by Summer Festival  
in the Royal Gallery. Display by  
the Saskatoon Public School  
in the Migraine and Indigo  
Galleries. The galleries are  
located at The Centre. Open  
daily.

### Gordon Singapau Gallery

Until July 13 at 111 Main St.  
Building, 3 Centex Drive,  
University of Saskatchewan,  
Alma: Something There:  
The Friend Mu — Alayna Lassas  
and Jon Vaughn. The story of  
two artists' struggle to escape  
the aesthetic and nonconven-  
tional boundaries of their  
artistic processes and accept  
the community and like-  
mindedness in all visual cultures.

### Moku Coiffure Bar

Until July 30 at 101 Harold Ct.  
Winnipeg, acrylic and acrylic paint-  
ings by Different Strokes' Art  
members.

### The MXI Summer Collective

Open every Saturday from  
noon to 4 p.m. to 3pm 30th  
St. E. The MXI features a  
playfully imaginative everyday  
material, from machine-  
made grain silos, automobile

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parts, tools and model train  
parts transform into fanta-  
stical worlds and imaginary  
lands capable. It is presented in  
collaboration with the Mandal  
Art Gallery.

### Blank Space Gallery

Through September at North-  
gate Plaza on Highway 2. On the Northgate, a group  
show. Original works represent-  
ing Northern Saskatchewan  
and the boreal forest.

## # SPECIAL EVENTS

### Saskatchewanae PRIDE

Thursdays and Aug. 29 to 30  
from 10 a.m. to 8 p.m., at Third  
Avenue, 304 3rd Avenue N. Per-  
forming by local musicians.  
There is also a Pride dinner  
featuring The Nazi Hitler  
Duo. Visit [www.thirdavefestive.com](http://www.thirdavefestive.com).

### Resistane: A Film Night

July 11, 7 p.m., at Memele Art  
Gallery, 1020 Spadina Cres.  
West. Featuring films on the  
Armenian holocaust and aborigi-  
nal First Nations resistance.  
There is also a film screening  
in the Tuxedo Room. The artist  
in residence, and Times Rezoc-  
itory. There are short films related  
to the gallery's summer exhibi-  
tions. Refreshments will be served  
at intermission.

### Boyan Ukrainian Danceca

July 11, 7 p.m., at Lakewood  
Choir. Advance tickets only,  
[www.picos.com](http://www.picos.com) or call  
306-251-3999. Boyan on  
Tourism outreach of Boyan  
Ukrainian Games, features 16  
dancers along with their four  
artistic directors showcasing  
dances from various regions in  
Ukraine. This is their annual local  
performance prior to touring the  
Eastern United States.

### Charity Pancake Breakfast

July 12, 7 a.m. to 10 a.m.,  
at Coast Western Brewery,  
1032 Second Ave. N. Hosted  
by Greenway Lodge, the  
Community Foundation of Prince  
Albert. The proceeds will go to  
St. John Ambulance. Boyan will pre-  
sent a \$10,000.

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**Dr Sketchy's Sketchers:** Follow the Yellow Brick Road July 12, 7:30 to 10 p.m. at Finn Flare Dance Centre, 234 23rd St. W. A live-drawing session featuring a variety of art themes. With music, cash bar, a performance, contest and drawing models. Dorothy and the witches, \$3 at the door. Call 660-5596 for more information.

#### Plan-Ex

July 13-14, 9 a.m. to 5 p.m., at the Westerner Development Centre, 21st Street and Avenue A. Experience the sights and sounds of days gone by. Activities include a vintage firemen show, ice cream making,足further charming, costumed interpreters on horseback. The Story of Threshing and the Parade of Power.

**Live at Lunch on Broadway** Saturday through August 11, 11:30 a.m. to 1:30 p.m., at Victoria School's Little Stone Stage, showcasing local musicians and bands.

#### Little Into Summer

July 15-19 at the University of Saskatchewan. A four-day youth camp presented by the University of Saskatchewan and its SaskatchEdu team about food sustainability and agriculture, while having the opportunity to work together with like-minded individuals to find local solutions to global issues. With guest speaker Craig Kollberg, co-founder of Free the Children and Me to We. For ages 10-14. To register visit [www.4-hukwsopportunities.ca](http://www.4-hukwsopportunities.ca).

**A Taste of Saskatchewan** July 16-21 opening at 11 a.m., at Rileman's Me-nal Ranch. Fortifying house five-meals from 30 local restaurants with live entertainment. Food tickets are available at the park.

**Dancing in the Park** Wednesdays until Aug. 7, 7:30 p.m. to dusk, weather permitting, at River Landing.

ing Amphitheatre. Scottish social dancing presented by the Saskatchewan Scottish Country Dancers. Experience is not necessary and partners are not required. Small session fee (\$10). or call 306-664-7049.

#### # THEATRE

**Theatre in the Park: Alice in Wonderland** July 13-20, 7:30 p.m. Monday to Friday, and Saturday at 3 p.m., in "The Garden" throughout the Westerner Development Centre. Presented by Sunbeam Theatre Ensemble. Actors use the natural beauty of the park to tell their story. When Alice falls asleep while talking with her family, the things she sees before she falls asleep manifest themselves into her wondrous dreams. Picnic tables,徘徊者, and even bats become much more than they seem. Visit [www.sunbeamtheatre.com/](http://www.sunbeamtheatre.com/).



The Western Canadian Arabian Directors are July 12 to 14 at River Landing Park, with a Saturday showcase at 7 p.m. SUPPLIED PHOTO

**Salt-Water Moon** Wants to 12, Tuesday to Saturday evenings, and Wednesday, Friday and Sunday evenings at Station Arts Centre in Western Interiors. The production is a mix of comedy and drama, and it depicts the humorous and disappointments of young love as Jacob tries to win back Mary's affections.

#### She Is Queen on the Saskatchewan

Thanks to July 14, at the Shakespearean Inn along the Avenue of the Americas. Director of amateur identities Mirekth is in bold and bloody revenge. Tightly. With a medieval twist on July 14, a 1720 night. Fundraiser on July 21 and Sunday tea on July 28.

#### # SPORTS

**Western Canadian Three-dimensional Arabian Horse Show** July 13 to 14 at River Landing Park. An interprovincial championship for Arabian show horses in multiple

disciplines. Come watch over 100 horses compete in 200 classes. An Arabian show, freestyle with western classes, freestyle with English classes, champions and a jackpot. The liberty competition will be held Saturday at 7 p.m. Free to attend and the public is welcome.

#### Golf Fore the Cure

Thanks to July 20, at the Shakespearean Inn along the Avenue of the Americas. Director of amateur identities Mirekth is in bold and bloody revenge. Tightly. With a medieval twist on July 20, a 1720 night. Fundraiser on July 21 and Sunday tea on July 28.

**Street Legal Karting** July 13-20, 6 p.m., at Saskatchewan International Speedway, 18330 10th south of Saskatoon on Hwy 11. Street racing in a safe and legal environment.

**Thoroughbred Trotting** July 13-20, 7 p.m. at Morrisons Downs, 16th Street between 17th and 18th Streets.

**Children's Discovery Museum "Discovery Dash"**

pro tennis in Saskatchewan.

#### 2013 U21 Men's Interprovincial Softball Championship

Runs to July 14 at River Landing Park, with a series of tournaments from each province as well as a semi-final and final in the U.S. Visit [www.usatournamentsoftball.com](http://www.usatournamentsoftball.com).

#### Polo's Race #5

July 10, 10 a.m., at Saskatchewan International Raceway, 18330 south of Saskatoon on Hwy 11.

#### A Circular Line of Racing

(SLH) - Bryce Mann Memorial July 10, 7 p.m. to 10 p.m., at Auto Cleaning Motor Speedway. Competing divisions include super late models, pro trucks and street stocks.

#### 2013 Rodeo Canadian Tire Series

July 11, 7 p.m., at Auto Cleaning Motor Speedway. Music, food and stock car racing. The top drivers from across Canada will be competing.

#### Portage La Prairie Soccer Kick Off

Portage La Prairie will host the Park. Registration to Friday until Aug. 22 at City of Saskatoon Program and youth services. Presented by Portage La Prairie Soccer Inc. A drop-in summer program for ages four to 14. For more information visit [www.sasksoccer.ca](http://www.sasksoccer.ca).

#### Wendy Summer Basketball Camps

Camps, Leagues and tournaments. Runs Aug. 29 to Sept. 13. Offered by Young Athlete Saskatchewana. Camps and leagues offered through school principals Dennis Hall. For youth ages eight to 16 of all levels of athletic ability and experience. Visit [www.yawest.ca](http://www.yawest.ca), call 306-242-3243 or email Hall@shaw.ca.



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# THE DEAD SOUTH

## Quartet says cello to bluegrass



The Dead South band members: Danny Kenney (cello), Scott Pringle (double bass/vocals), Matt Hols (guitar/vocals) and Colton Crawford (banjo). Photos by Daren Heath

By Ashley Martin

The Dead South can trace its roots to Minnesota band Trumpet by Torleum and to Colton Crawford's band to purchase.

Shortly after the latter, while listening to the former, Crawford and his friend Matt Hols agreed they'd like to be in a bluegrass band. Neither had played bluegrass music before.

Coldcut Banjo Ringers, who joined next, was on the same boat.

"At first I was playing long whistles,

like clawhisses," said Kenney. "An idea came up and we started to work out differences in the whole bluegrass 'How low can you go' just started to come into place."

Then another learning curve with Scott Pringle.

"I picked up a mandolin for the first time... didn't know how to play it at all," said Pringle. "I'd never even listened to bluegrass."

But the growing pains were short lived. The Dead South has had a quick rise to success since its short

beginning.

The group played for a crowd of 2,000 at the Regent Theatre's Danforth in May, which is how lead singer Hols learned, "I get more nervous playing in front of 10 people than I do in front of a large crowd for some reason."

The band is now in Alberta on the mid of an interprovincial tour to support its first EP which was recorded off the floor at Regent's local studio.

"Everything's kind of blown up pretty fast," said Crawford.

The Dead South's sound is an appealing mix to the likes of drum-and-bass, reggae, hipsters and rock at every show — drawing from influences like Old Crow Medicine Show, Steve Martin and Nickelback.

Unlike most bluegrass bands, The Dead South lacks a standup banjo, but Kenney's cello serves well.

The double bass "lets while different ranges from I do like it does work to my advantage because I can play fiddle-solo if I want to," he said.

"It's kind of the best of both worlds,

between having a banjo and a fiddle. It kind of lets that middle ground," added Pringle. "I don't think anyone else is doing it. Never heard of a cello being played in a band before."

From their first tour, the four friends hopefully hope for "more and far more."

But they all have good voices, as most can play without becoming rock stars.

Hols is studying geography because a French teacher. Pringle and Crawford are teachers and Kenney is an engineer.

## GARDENING

# Use some precautions to stay safe in the garden

By Erl Svendsen

Gardening is not a spectator sport. It usually involves bending, squatting, walking, lifting, carrying, pushing and pulling. Stretching the back and other core can help you to avoid muscle aches. Always lift with your legs to avoid back strain. Do not overexpose your entire summer by putting your back out.

Don't let the heat. North Carolinians had duds and Englishmen plan your gardening around the cooler parts of the day and work in the shade when you can — before noon and after 3 p.m. as the sun begins to dip down. Remember to drink water; wear a hat to keep the sun from cooking your brain and protect exposed skin with sunscreen. Insect repellent is always a good idea to reduce the nuisance factor, especially with West Nile virus season approaching.

One steady sunbeam can be hot work, but can also weaken long sleeves and pants to reveal scratches, abrasions, blisters and sunburns. This is especially true for work around gas plants (Gardener's alata var parviflora). Gas plants produce volatile oils that can cause phytophotodermatitis. If you realize you've brushed up against a gas plant with a bare arm or leg, particularly on a hot, still day immediately go inside and wash it off with soap and water. Symptoms range from a mild rash to blisters — the longer the affected skin is exposed to sunlight, the more intense the reaction can be. The symptoms may take up to 48 hours to fully develop. Despite this problem, gas plants are beautiful, fragrant (lavender), long lived, perfume adapted perennial with purple or white flowers, suitable for the mid border.

Wear steady footwear to protect your feet from sharp gravel or an errant sharp hoe, and to otherwise keep that posture looking great. Likewise for the manicure and to properly protect your hands from blisters, abrasions and stains, wear light leather gloves. Leather will not melt cloth and generally the ranch belt belt do not wear leather gloves for either because of the saddle which applies pressure sides and front for roping, chafing, chemical resistant gloves. Also, follow all safety prevent laws listed on the protective fitted (this goes for anyone performing any work).

Don't forget eye protection. It is all too easy to squint your eye with a branch right in front of your face when there's no one concentrating on something at arm's length. If you need, you could at high speed by a strong string (twine) can firmly put an eye on. Prescription eyewear is generally way large enough to do a proper job unless they are of Mr. Magoo pro-



tection. Even in a year of wetty pogginis — sun can be quite spicy and usually at ever greater closeness.

A couple of final precautions: First, look for overhead lines when pruning large branches. Branches are surprisingly heavy and can easily break or create a connection between the wire and the ground. Second, consider the utilities that are underground when digging deep. For many garden activities (rototilling, installing above irrigation lines, planting smaller trees and shrubs by hand) underground lines may not be a concern. But if using large equipment to remove rocks or employing a tree spade to plant a new tree, call all the utilities to come mark their lines (able alerting phase, gas, water, gardens safely than smother).

This column is provided courtesy of the Saskatchewan Personal Safety Association, email: [horseshoe@juno.com](mailto:horseshoe@juno.com).

### Announcements:

**July 14, 2-4 p.m.** Garden Trail at the Saskia Zoo and Pinery Farm Park. Meet at the Superintendent's Residence. Parking is \$10, otherwise free to the public.

**July 18-20** 9th Annual Lily Show at the Mall at Laramie River. Lily stems go on sale after the show on the 20th at 3 p.m. Sponsored by the Canadian Peace Lily Society ([canadianpeacelily.ca](http://canadianpeacelily.ca)).

Gardener is open for the season. Call 306-966-9666 (long distance charges apply) Monday to Thursday. Or send your questions to gardens@springer.ca

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